

Living Responsibly: Give Up Bottled Water—Go Back to the Tap!

Therefore strive that your actions day by day may be beautiful prayers. —'Abdu'l-Bahá



Bahá'uláh and the Báb both teach us to live a pure life. In the [Kitáb-i-Aqdas](#), Bahá'u'lláh ordains the use of clean water for bathing. How much more important is it that the water we drink is clean. Bottled water is not necessarily cleaner than tap water, and in the United States it is [much less regulated](#).

Chemical leakage from the plastic is a serious health concern, especially when the bottle was exposed to heat. The cost of bottled water is about 1,000 times more than that for tap water, and the environmental cost of bottled water is [astronomical](#): "It takes about 72 billion gallons of water a year, worldwide, just to make the empty bottles." "The energy used each year making the bottles needed to meet the demand for bottled water in the United States is equivalent to more than 17 million barrels of oil. That's enough to fuel over 1 million cars for a year." The discarded bottles are a long-term waste problem. Recycling them may help somewhat, but does not solve the problems. The best solution is to drink tap water, filtered if necessary, and, when traveling, to take along a stainless steel or BPA-free reusable plastic bottle. For more information, watch the [8 minute Story of Bottled Water](#).